

**COALITION FOR COMMUNITY HEALTH**  
**Childhood Asthma Initiative**

**ACTION PLAN FOR IDENTIFICATION AND CONTROL OF ALLERGENS IN THE  
HOME**

Client: \_\_\_\_\_ ID # A234\_ \_ \_ Parent/Tutor: \_\_\_\_\_

**The following items were observed and they could worsen your child's asthma:**

1. Dust mites: \_\_\_\_\_  
\_\_\_\_\_
2. Mold: \_\_\_\_\_
3. Roaches: \_\_\_\_\_
4. Furry or feathered pets: \_\_\_\_\_
5. Second-hand smoke: \_\_\_\_\_
6. Other: \_\_\_\_\_

**Recommendations to control these risks to your child's asthma are:**

1. ☐ Remove carpeting, if possible, or at least vacuum 3 times a week using HEPA FILTER VACUUM and double wall vacuum bags that trap dust mites.
- ☐ Clean dust from window's drapes, shades etc. with a damp cloth regularly. Try to keep your home as dust free as you can
- ☐ Remove curtains or at least wash them in very hot water every week
- ☐ Wash bedding sheets and pillow-cases every week and heavy blankets every month in very hot water and use a high temperature setting in the drier
- ☐ Remove home accessories that get very dusty or at least try to keep them free of dust
- ☐ Other: \_\_\_\_\_  
\_\_\_\_\_

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THE HOME, PAGE 2**

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2. ☐ Clean up mold with a solution made of one cup of bleach and one gallon of water. Then keep the area that you have cleaned dry by opening windows or using a fan (mold can't survive without humidity, air ventilation helps reduce the humidity)
- ☐ Other: \_\_\_\_\_
3. ☐ Do not leave food out in the open for roaches
- ☐ Fix any leaks in your house and don't leave any water out
- ☐ Seal any openings or cracks in walls with caulk or duct tape.
- ☐ Use poison bait stations and roach killing gel to get rid of roaches quickly (Combat is a good brand to get)
- ☐ Apply a very thin coat of boric acid to cracks, under appliances and wherever roaches walk by (keep the boric acid container out of the reach of children)
4. ☐ Consider giving your pet away. If you can't, try to keep it out doors, never allow it in in the asthmatic child's bedroom and bathe it once a week
- ☐ Other: \_\_\_\_\_
5. ☐ Quit smoking! Or at least never smoke inside your home or allow anyone else to do it. Always keep the asthmatic child away from second hand smoke
- ☐ Other: \_\_\_\_\_
6. ☐ Other: \_\_\_\_\_
- \_\_\_\_\_

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Asthma Coordinator

\_\_\_\_\_  
Date